

WHAT IS CLAIMED

1. A nut spread having a protein to fat ratio of greater than about 0.68:1.
- 5 2. The nut spread of Claim 1, having a protein to fat ratio of greater than about 1:1.
3. The nut spread of Claim 2, having a protein to fat ratio of greater than about 2:1.
4. A nut spread having a fiber to fat ratio of greater than about 0.18:1.
- 10 5. The nut spread of Claim 4, having a fiber to fat ratio of greater than about 0.5:1.
6. The nut spread of Claim 5, having a fiber to fat ratio of greater than about 1:1.
- 15 7. The nut spread of Claim 6, having a fiber to fat ratio of greater than about 1.5:1.
8. A nut spread having a protein to fat ratio of greater than about 0.68:1 and a fiber to fat ratio of greater than about 0.18:1.
- 20 9. The nut spread of Claim 8, having a protein to fat ratio of greater than about 1:1.
10. The nut spread of Claim 9, having a fiber to fat ratio of greater than about 0.5:1.
11. The nut spread of Claim 1, comprising from about 5% to about 20% fiber.
- 25 12. The nut spread of Claim 4, comprising from about 5% to about 20% fiber.
13. The nut spread of Claim 8, comprising from about 5% to about 20% fiber.
- 30 14. The nut spread of Claim 1, comprising less than about 20% fat.
15. The nut spread of Claim 4, comprising less than about 20% fat.
16. The nut spread of Claim 8, comprising less than about 20% fat.
- 35 17. The nut spread of Claim 10, comprising less than about 20% fat.

18. The nut spread of Claim 11, comprising less than about 20% fat.
19. The nut spread of Claim 1, comprising greater than about 15% protein.
- 5 20. The nut spread of Claim 19, comprising from about 18% to about 35% protein.
21. The nut spread of Claim 4, comprising greater than about 15% protein.
22. The nut spread of Claim 21, comprising from about 18% to about 35% protein.
- 10 23. The nut spread of Claim 8, comprising greater than about 15% protein.
24. The nut spread of Claim 23, comprising from about 18% to about 35% protein.
- 15 25. The nut spread of Claim 11, comprising greater than about 15 protein.
26. The nut spread of Claim 25, comprising from about 18% to about 35% protein.
27. The nut spread of Claim 14, comprising greater than about 15% protein.
- 20 28. The nut spread of Claim 27, comprising from about 18% to about 35% protein.
29. The nut spread of Claim 18, comprising greater than about 15% protein.
- 25 30. The nut spread of Claim 29, comprising from about 18% to about 35% protein.
31. A nut spread comprising greater than about 15% protein, wherein at least about 75% of the protein is from nut solids.
- 30 32. The nut spread of Claim 31, comprising from about 18% to about 35% protein.
33. The nut spread of Claim 1, having a mono-modal particle size distribution with a D_{50} of less than 15 microns and a D_{90} of less than 35 microns.
- 35 34. The nut spread of Claim 33, having a mono-modal particle size distribution with a D_{50} of less than 10 microns and a D_{90} of less than 25 microns.

35. The nut spread of Claim 4, having a mono-modal particle size distribution with a D_{50} of less than 15 microns and a D_{90} of less than 35 microns.
- 5 36. The nut spread of Claim 35, having a mono-modal particle size distribution with a D_{50} of less than 10 microns and a D_{90} of less than 25 microns.
37. The nut spread of Claim 8, having a mono-modal particle size distribution with a D_{50} of less than 15 microns and a D_{90} of less than 35 microns.
- 10 38. The nut spread of Claim 37, having a mono-modal particle size distribution with a D_{50} of less than 10 microns and a D_{90} of less than 25 microns.
- 15 39. The nut spread of Claim 11, having a mono-modal particle size distribution with a D_{50} of less than 15 microns and a D_{90} of less than 35 microns.
40. The nut spread of Claim 39, having a mono-modal particle size distribution with a D_{50} of less than 10 microns and a D_{90} of less than 25 microns.
- 20 41. The nut spread of Claim 14, having a mono-modal particle size distribution with a D_{50} of less than 15 microns and a D_{90} of less than 35 microns.
42. The nut spread of Claim 41, having a mono-modal particle size distribution with a D_{50} of less than 10 microns and a D_{90} of less than 25 microns.
- 25 43. The nut spread of Claim 18, having a mono-modal particle size distribution with a D_{50} of less than 15 microns and a D_{90} of less than 35 microns.
44. The nut spread of Claim 43, having a mono-modal particle size distribution with a D_{50} of less than 10 microns and a D_{90} of less than 25 microns.
- 30 45. The nut spread of Claim 19, having a mono-modal particle size distribution with a D_{50} of less than 15 microns and a D_{90} of less than 35 microns.
46. The nut spread of Claim 45, having a mono-modal particle size distribution with a D_{50} of less than 10 microns and a D_{90} of less than 25 microns.

47. The nut spread of Claim 31, having a mono-modal particle size distribution with a D_{50} of less than 15 microns and a D_{90} of less than 35 microns.
- 5 48. The nut spread of Claim 47, having a mono-modal particle size distribution with a D_{50} of less than 10 microns and a D_{90} of less than 25 microns.
49. The nut spread of Claim 1, having about 400 calories or less per 32 gram serving.
- 10 50. The nut spread of Claim 49, having from about 250 calories to about 400 calories per 32 gram serving.
51. The nut spread of Claim 49, having a fiber to fat ratio of greater than about 0.18:1.
- 15 52. The nut spread of Claim 50, having a fiber to fat ratio of greater than about 0.18:1.
53. The nut spread of Claim 51, comprising less than about 20% fat.
54. The nut spread of Claim 52, comprising less than about 20% fat.
- 20 55. The nut spread of Claim 53, comprising from about 5% to about 20% fiber.
56. The nut spread of Claim 54, comprising from about 5% to about 20% fiber.
- 25 57. The nut spread of Claim 55, comprising greater than about 15% protein.
58. The nut spread of Claim 56, comprising greater than about 15% protein.
59. The nut spread of Claim 57, wherein at least about 75% of the protein is from nut solids.
- 30 60. The nut spread of Claim 58, wherein at least about 75% of the protein is from nut solids.
- 35 61. The nut spread of Claim 59, having a mono-modal particle size distribution with a D_{50} of less than 15 microns and a D_{90} of less than 35 microns.

